



SPOUSE ABUSE

Identifying Domestic Violence

Domestic Violence may include any of the following:

- I. **Physical Violence** – using one’s physical strength or presence to control someone
 - A. Pushing or shoving
 - B. Slapping, grabbing, biting, hitting, spanking, kicking
 - C. Holding down, twisting arms, banging head on floor, choking, pinning against wall, carrying against her will
 - D. Forced sex
 - E. Kneeing, hair pulling, punching
 - F. Burning, trying to run over with car
 - G. Throwing objects, punching walls or doors, breaking windshields
 - H. Breaking or tearing clothes and personal objects
 - I. Driving recklessly to scare
 - J. Blocking exits or car, taking keys taking money or bank cards — all to prevent her from leaving
 - K. Unplugging the phone
- II. **Verbal and Emotional Abuse** – using one’s words or voice to control someone
 - A. Coercion and threats, including threatening divorce, suicide, reporting her to the authorities, making her do illegal things
 - B. Intimidation, including making her afraid by using looks, actions, and gestures
 - C. Stalking or checking up on her, accusations of sexual infidelity
 - D. Isolation, including controlling her activities and possessions (e.g., access to the phone, interrogations about her activities, preventing her from seeing friends or family, intense jealousy)
 - E. Economic abuse including preventing her from working or going to school, controlling the finances
 - F. Threatening or using the children (e.g., making her feel guilty about the children, threatening to take the children)
 - G. Invoking male privilege (e.g., treating her like a servant, making all the decisions, defining roles, being master of the castle)
 - H. Emotional abuse (e.g., putdowns, name calling denigration, mind games)